

# The Evening World's Beauty and Health Column

Conducted by Pauline Furlong

Through This Column Miss Furlong Will Reply to Women Readers' Questions Regarding Exercise, Diet and Other Means of Preserving Good Health and Good Looks.

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(The New York Evening World)

The important exercises for the vital trunk organs are very essential in either a developing or reducing course. In either case impaired digestion, constipation and intestinal troubles are strongly in evidence.

These troubles naturally prevent the proper elimination of the body's waste matter, poison the blood and interfere in many ways with the important work of nourishing the muscles. It is not necessary to do many strenuous exercises each day, espe-

## RESINOL PROVED WONDERFUL FOR ITCHING ECZEMA

Feb. 25.—"I had a chronic case of eczema on my hands for about three years. It got red in places, especially between my fingers, and when I rub them a little, pimples, blisters would form which filled with water. The longer I had this trouble, the larger these pimples got. I can't express in words what a terrible thing it was. I couldn't find anything to help me—everything seemed to make it worse. I had about given up all hope of ever being cured. They were terribly sore and I could not sleep for the terrible itching and burning. I learned of Resinol Ointment and Resinol Soap and decided to try them. Well, Resinol really proved to be a wonderful thing in my case. It relieved at the first application. I used about a cake of Resinol Soap and half a jar of Resinol Ointment and the eczema was all gone. It hasn't returned since. I am so glad I tried Resinol Ointment and Resinol Soap as I do not know how I could have stood that eczema much longer. It is a cheap and sure cure. (Signed) Mrs. H. H. Denbow, Sioux Falls, S. D.

All druggists sell Resinol Ointment and Resinol Soap. For samples free write to Dept. T-5, Resinol, Baltimore.

## Infantile Paralysis

Yielding to Board of Health Campaign

In connection with the noticeable decrease in the number of Infantile Paralysis cases, mothers should bear in mind that the Department of Health, City of New York, has advised physicians to use Chlorinated Lime as a disinfectant in all cases of Infantile Paralysis. The United States Government recommends the use of Chlorinated Lime as a most effective and economical germ killer and deodorant.

Disinfectants must be fresh to be effective. Thousands of grocers and druggists have just received a fresh supply of Acme Chlorinated Lime. Do not accept substitutes which may be stale and worthless.

Protect your home—sprinkle Acme Lime daily in your toilet bowl, garbage can, kitchen sink, cellar, etc.

Manufactured by  
**A. MENDLESON'S SONS**  
Established 1879  
Factory: Albany  
Office: 120 Broadway, N.Y.C.



Mark which to use and continue to keep the hair clean and healthy.

**OILY SCALP AND VERMIN.**—Mrs. H. K. writes: "What can I do for my scalp and what will keep vermin from a child's hair?"

Only scalp is benefited by applying some of the following mixture every night without massage. Lame water, one part glycerine, one ounce. Which head rubbed into the scalp each night on a puff of cotton will clean the head and make it feel delightfully cool.

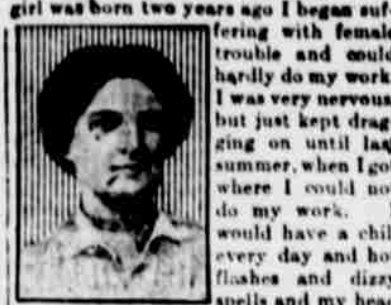
Thick sebum and dandruff on the scalp of adult or child should be saturated with olive oil at night and then the head tied in a towel until morning. Follow this with a shampoo with shaved and mottled castile soap. This cleans the scalp and leaves the hair clean and glossy.

Vermin in children's hair can be removed by saturating the scalp with tincture of kerosene. Tie the head in a handkerchief several hours or all night if possible and then shampoo with pure soap and hot water. Use cold water with a strong flow from a bath spray and dry with a towel. This remedy is harmless and effective and should be repeated if necessary.

## HUSBAND SAVED HIS WIFE

Stopped Most Terrible Suffering by Getting Her Lydia E. Pinkham's Vegetable Compound.

Denison, Texas.—"After my little girl was born two years ago I began suffering with female trouble and could hardly do my work. I was very nervous, but just kept dragging on until last summer, when I got where I could not do my work. I would have a chill every day and hot flashes and dizzy spells and my head would almost burst. I got where I was almost a walking skeleton and life was a burden to me, until one day my husband's stepfather told my husband if he did not do something for me I would not last long and told him to get my medicine. So he got Lydia E. Pinkham's Vegetable Compound for me, and after taking the first three doses I began to improve. I continued its use, and I have never had any female trouble since. I feel that I owe my life to you and your remedies. They did for me what doctors could not do and I will always praise it wherever I go."—Mrs. G. O. LOWERY, 419 W. Monterey St., Denison, Texas.



If you are suffering from any form of female ills, get a bottle of Lydia E. Pinkham's Vegetable Compound, and commence the treatment without delay. —Advt.

**GLUTEN FLOUR.**—MRS. MARY writes: "What is gluten flour and what is its use?"

Gluten flour is supposed to contain only the protein and mineral elements of the wheat berry and is of value in the treatment of certain disorders in which starches must be excluded from the diet. It is flour made from that portion of the wheat other than the starchy part. Gluten bread is nourishing and non-fattening.

**GRANULATED EYELIDS.**—MRS. H. K. writes: "What will remove small particles from the eyelashes, like dandruff, and what causes them?"

Five grains may cause the granular lids. Bathe the eyes in boracic acid solution and on eye cup every day and avoid straining the eyes. Always read or do fine needlework with a strong light over the left shoulder.

**DRY HAIR.**—M. R. asks: "Will you please tell me how to make a liquid shampoo for dry hair and scalp? Please also tell me how often to use it?"

Shave and melt pure castile soap in hot water and use it as a shampoo

twice each month. Massage the dry scalp with a dry bit of olive oil on the finger tips each night.

**WHISTLING.**—JENNIE R. asks: "Is whistling harmful?"

No, only perhaps to the nerves of those who have to listen to it. In some cases it is good as a mental exercise.

**NEURASTHENIA.**—MRS. P. N. writes: "Will you please tell me the symptoms of and cure for neurasthenia?"

Each case of neurasthenia, according to physicians, is so widely different that it must have widely varying treatment. Of course, protection from excitement, worry and anxiety, with more quiet and rest, will be the necessary treatment in any case. The symptoms also differ greatly; some persons show utter lack of energy, others muscular weakness, others a wildly nervous going to sleep going constantly, and some suffer mentally to the extent of apparent mania.

**WANTS MEASUREMENTS.**—M. H. writes: "I have followed your exercise and articles with great interest and have kept nearly all of them. My height is five feet four and I weigh 166 pounds. Please tell me what I should weigh and measure. I want to know how to reduce my waist line and lose some flesh. Have been under the doctor's care, and he tells me not to exercise."

It is essential my policy to recommend anything to readers who are under the doctor's care, and you should ask your doctor to reduce. The obesity diet and exercise which I advocate are for the strong and robust. You should weigh 155; bust, 34; hips, 35.

**CAMPION FOR PIMPLES.**—M. N. asks: "Is it a good plan to use camphor spirit on the face to dry up pimples? Will it cause wrinkles to appear? Is olive oil good for the skin, to rub into it every day? Will it cause the growth of hair? I read your articles every day and enjoy them very much."

You should not use camphor on the face. It is a powerful astringent and will most certainly cause wrinkles. Treat the system internally with light, nourishing foods and copious water drinking to purify the blood. Practice deep breathing also, as this is a wonderful beautifier and stimulates sluggish blood. Put a little alcohol on the pimples after you have opened

them with a fine needle previously dipped in hot water. Do not rub olive oil into the face. Any rich cream continuously rubbed into the skin may encourage the growth of hair, and pure olive oil is 100 per cent fat.

**Save the Pieces.** Broken glasses need not ruffle your temper. If you haven't the prescription just bring the broken pieces as quickly as a highly efficient organization can do it.

Accuracy is a matter of course. Lenses at 50c, 75c, \$1, etc.

**Proved Absolutely A MASTERPIECE** is known by the years it stays popular. Sozodont—the "old-master dentifrice" has been a best seller for 65 years. Sold everywhere—25c.

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**Women's Palm Beach Dust Coats, Reduced to \$3.95**  
Full flare, belted or plain back models, with novelty pockets.  
Sixth Floor.

**Saks & Company**  
Broadway at 34th Street Phone 2626 Greeley

**Men's Blanket Robes, at \$2.95**  
In a wide range of neat color combinations. Some neatly trimmed with braid.

In a special offering tomorrow

## Women's Smart Serge Dresses for Fall, at \$20

Embodying those features of recently imported models which appeal especially to American women.



Illustrated at left is one of the delightful models included—a long waisted model, trimmed with wool embroidery and fringe. The selection comprises long-line effects with short yokes (box or side plaited from yoke to hem) large funnel pockets and collar of Georgette crepe.

—And delightful waistline dresses with silk embroidery. Any of the models may be had in navy or black, and some may be had also in plum, green or brown. Sizes 34 to 44.

Also—Afternoon and Matinee Dresses

Fashioned by leading American dressmakers according to the latest dictates of Paris couturiers. Developed in charmeuse, satin, and crepe meteor, trimmed with velvet and beads.  
From \$22.50 to \$95

In the Women's Coat Department Saturday

## Women's Street Coats for Fall at \$29.50

Fashioned of fine quality wool velour—the most popular material for Fall wear

Seven-eighth length full ripple and belted model coats, tailored and finished equal to garments usually sold at much higher prices. Made with Raglan sleeves and large collar of near seal or moulton. Lined throughout with peau de cygne.

Colors: green, brown, taupe, navy, plum, and in black. All sizes.

## Women's Serge and Wool Poplin Skirts Saturday, at \$5.75

Most remarkably priced. Several new models to select from, in flare effects. In navy or black. Waistbands to 38.

Also—Advance Display of

## Women's New Dress and Sport Skirts

Showing the style tendencies for Fall, as reflected in creations by leading European and American designers, developed in wool velour checks, stripes, fancy plaids, serges, wool poplin, satin charmeuse and silk faille. Most modestly

Priced from \$5.75 to \$25

## Boys' Norfolk Suits for Fall

Extra Pair of knickers included.

Saturday at \$10.95

A collection of splendidly tailored suits, showing the very latest ideas in smart apparel for boys. A variety of this season's newest materials, in attractive colors, to select from. Ages 7 to 18.

## Also—Boys' Norfolk Suits, \$8.95

Extra knickers included.

A very special offering for Saturday. New and exclusive models, in a surprising assortment of new and durable fabrics. Ages 7 to 18.

## Autumn Modes for Misses

will be shown on the Second Floor tomorrow.

Fashion has never before decreed such charming youthful fashions for the Younger Set. The pretty frocks and becoming suits in this display tomorrow are not only correct, but the most modestly priced Autumn apparel for misses to be found anywhere.

## Misses Suits at \$19.50 to \$39.50

Portraying the very latest style innovations, in charming youthful effects. Fashioned of broadcloth, velour, whipcord, gabardine, serge and wool Jersey.

## Misses Suits at \$29.50 to \$175

Beautifully developed in lustrous broadcloth, velour checks, overplaids, velour de laine and velvet. Lined with peau de cygne.

## Misses' Dresses, \$12.75 to \$79.50

Delightfully fashioned in serge, combinations of satin and serge, charmeuse, taffeta, Georgette crepe and taffeta de soie. Showing all the newest features embodied in creations emanating from Paris shops, such as metallic beading in oriental colorings, crewel embroidery, broad fur bandings, etc. Sizes 14 to 18 years.

Today and tomorrow—Initial special offering of

## Smart Tailored Suits for Women at \$29.50

Authentic reproductions of fifteen high-priced foreign models produced by leading designers

A more comprehensive collection of new Autumn suits would be difficult to assemble. Everything NEW in materials, colors, trimmings, and designing is well represented.

For every type of figure the range of models is surprisingly varied and, considering the extraordinary high wholesale prices now prevailing, such values at \$29.50 are extraordinary.

## The Coats

Medium length and new long Directoire models, in straight line and ripple effects, showing beautiful collars of velvet and Hudson seal.

## The Skirts

Smart pleated effects with new pockets; effective cut yoke models and several other styles, too numerous for description, are included.

The materials comprise: Broadcloth, wool velour, gabardine, and Poiret twill, in the following colors:

Burgundy, plum, Java, green, navy and in black and checks.



In the Millinery  
Salon Saturday

A Display of  
1,500 of the very  
newest Saks



## \$5.55 Wonder Hats

Reflected in this immense showing of trimmed millinery are the very newest ideas from the most important style centres of the world.

Nowhere has such a wonderful range of styles ever been shown at one price, and only by visiting the store in person can you realize the chic and beauty of these charming creations so modestly priced.

## Some of the Styles:

Tam o' Shanters, pokes, smart flare front and side effects,

and high-crown Pilgrim hats, in black, brown, navy, taupe,

Burgundy, ivy-green, purple, etc.

Made of Lyons silk velvet, panne velvet, felt and beautiful velvet combinations, trimmed with fancy ornaments, feathers, wings, ribbons, and flowers.

Third Floor.